



Summer Competitive Week of July 17 – Shepherd

Swim Team

Awesome job to everyone that participated in the City of Mesa Divisional Swim Meet! Coach Donna, Dani, Joey, and Jenna are all proud of all the hard work you put into this summer!

If you did not make it into the Championship meet, everyone is still welcome to come to swim practice.

The Championship swim meet will be on Thursday, July 20 at Kino Aquatic Complex. Everyone must arrive at 4:15pm

The Competitive Team Party on July 21 from 8am-10am. It will be a breakfast potluck.

Dive Team

The City Championship for boys and girls will be held Tuesday, July 18th! If your diver cannot attend, please notify me ASAP!!!

- We will begin promptly: 5 pm @ SH!
- Arrival Times will remain:
 - 9/10- 5:45 pm
 - 11/12- 7:00 pm
 - 13 and up- 8:00 pm
- 9/10: 1 required + 2 optional
- 11/12: 1 required + 3 optional
- 13/up: 2 required + 3 optional
- Team Party: July 21st @ 8 am
- Fall Dive League begins Aug. 15th

Synchronized Swim Team

We have team championships on Wednesday at Kino.

10 and under need to arrive by 4:15PM

11 and older need to arrive by 6:15PM

Please come knocked! This will be our last meet.

We will be having our team party on July 21st at @ 8AM.

Water Polo Team

We have our tournament this weekend on Friday and Saturday at Skyline Pool. Players should arrive accordingly:

Friday – 10-12 @ 4:30 and 13-15 @ 7:30

The tournament is double elimination, if the first game is won on Friday there will be additional game played at 7PM for the younger group.

Our older group is ranked #1 so we will only have a single game on Friday.

After our games are over on Friday, ill let the players know what time they need to arrive for Saturday's games. GO STINGRAYS!